

MentalHealthCouncilofArkansas

presents

The 44th Annual Behavioral Health Institute

Hot Springs Convention Center | Hot Springs, Arkansas

August 9-11, 2016

*providing evidence-based training for social work, counseling, psychology,
substance abuse professionals and paraprofessionals*



finding balance

2016 Institute Information & Registration



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Welcome to the 44th Annual Behavioral Institute!

On behalf of the Mental Health Council of Arkansas and the Institute Committee, I welcome you to this year's institute. This year's theme is Finding Balance – in our work, our play, our friends and families. All too often, the stresses of our daily work and personal lives can pull us off balance. The Institute Committee has worked extremely hard to present a package of workshops designed to help us regain and maintain a healthy balance in our lives, and to help those we serve achieve the same.

As in past years, we continue to offer trainings in the latest evidence based practices for our clinical and direct care staff. Our pre-institute workshops on Tuesday, August 9th include cutting-edge presentations on Human Trafficking, ALICE (active shooter) training, Crisis Intervention Teams for law enforcement and mental health, and Assessment of Spiritual Need. The following two days are packed full of relevant staff development opportunities for all persons working in behavioral healthcare.

The Awards Luncheon, held on Wednesday, August 10th, will honor our Practitioners of the Year from each of the community mental health centers and the Division of Behavioral Health Services. This year we will also honor Mike Worley, former CEO of Southwest Arkansas Counseling & Mental Health Center, with the John Stockburger Lifetime Achievement Award for his decades of service to our consumers. Please join us for a great luncheon and to say thank you to all of our awardees.

The Exhibitors Reception will be held at the Embassy Suites just off the lobby area on Wednesday evening after the day's workshops. This is always a great opportunity to catch up with old friends and to meet our exhibitors. Enjoy yourself with hors d'oeuvres and other refreshments. And don't forget to visit the Exhibit Hall between sessions to learn more about the great products and services these sponsors have available. Our exhibitors and sponsors make this institute a reality. Be sure and say "thanks" for their support.

Don't forget to complete an institute evaluation. The Institute Committee uses your feedback to improve your experience at future meetings.

Lastly, please take time to relax, reconnect and enjoy yourself. I hope you discover many new ways to "find your balance".

Doug Stadter,
Institute Chair

Institute 2016

Doug Stadter, *Institute Chair, MHCA President-Elect*
Centers for Youth and Families, Inc.

Kim Brown
Marilyn Copeland
Heather Duran
Lisa Evans

Van Hall
Marilyn Hampton
Fritzi Hemphill
Dana Ingram
Shelia Isby

Matthew Knight
Brittany Martin
Christine Reid
Teresa Wilson

MHCA Awards Luncheon

August 2016



Join us Wednesday, from Noon to 1:30 p.m., in Horner Hall, for the
Mental Health Centers of Arkansas Awards Luncheon

We will be honoring a special group of people...
Practitioners of the Year, Presidents' Award & the John Stockburger Award
-elected by their peers from each Center.

CEU's

Most MHCA workshops are NBCC approved. The Arkansas Substance Abuse
Certification Board has approved your training for 18 hours.

MENTAL HEALTH COUNCIL OF ARKANSAS 2016 Board of Directors

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South Arkansas Regional Health Center, Inc.

Doug Stadter, President-Elect
/Institute Chair
Centers for Youth & Families

Bonnie White, Secretary
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Jack Keathley, Treasurer
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Southwest Arkansas Counseling
& Mental Health Center

Jim West
Western Arkansas Counseling & Guidance Center



*Mental Health Council
of Arkansas*

Dianne Skaggs, LCSW
Executive Director

Colette Young
Administrative Assistant

Schedule of Events...

Tuesday, August 9th

7:30–3:30	Check in Registration, Grand Hall/Lobby
8:30–12:00	Breakout Sessions
10:00–10:30	Break in Classroom Breezeway
12:00–1:30	Lunch (On your own)
2:00–6:00	Installation of Exhibit Booths – Exhibit Hall A
1:30–5:00	Breakout Sessions
3:00–3:30	Break in Classroom Breezeway

Wednesday, August 10th

7:30–3:30	Check in Registration, Grand Hall/Lobby
7:30–5:00	Exhibitors' Booths on Display
8:30–10:00	Breakout Sessions
10:30–12:00	Breakout Sessions
10:00–10:30	Break in Exhibit Hall
12:00–1:30	Annual Awards Luncheon in Horner Hall
1:30–3:00	Breakout Sessions
3:00–3:30	Break in Exhibit Hall
3:30–5:00	Breakout Sessions
5:00–6:00	Exhibitor Reception-Embassy Suites Salon A & B (off lobby)

Thursday, August 11th

7:30–1:30	Check in Registration, Grand Hall/Lobby
7:30–3:30	Exhibitors' Booths on Display
8:30–12:00	Breakout Sessions
10:00–10:30	Break in Exhibit Hall
12:00–1:30	Lunch (On your own)
1:30–3:00	Breakout Sessions
3:00–3:30	Break in Exhibit Hall
3:30–5:00	Breakout Sessions

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DATAMAX

Tuesday, August 9th

7:30 – 3:30	Check in Registration, Grand Hall/Lobby
8:30 – 12:00	Breakout Sessions
10:00 – 10:30	Break in Classroom Breezeway
12:00 – 1:30	Lunch (On your own)
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1:30 – 5:00	Breakout Sessions
3:00 – 3:30	Break in Classroom Breezeway

8:30 AM - NOON

T1 Introduction to Human Trafficking: Through a Trauma Lens

Reagan Stanford & Sherri Funk

3 hours credit

This presentation covers domestic and international trafficking in the United States, with a particular focus on the law, identifies victims and state services in Arkansas. The impact of trauma on victims and effective responses will be discussed.

Reagan Stanford has been the Crime Victims Services Coordinator for Catholic Immigration Services Little Rock (CISLR) since November 2009. In her current role she trains law enforcement agencies and legal professionals on the legal remedies available to immigrant victims of crime and effective strategies for identifying and working with immigrant victims of sexual assault and other violent crimes. Ms. Stanford has worked to strengthen state anti-trafficking laws and provide protections and access to services to minor victims of human trafficking within the State. She served as the Co-Chair to the Attorney General's State Task Force for the Prevention of Human Trafficking. Ms. Stanford has worked directly with victims of domestic violence, sexual assault, stalking and human trafficking in her role at CISLR, within shelters and in community advocate positions for the past eleven years.

Sherri Funk is the Victim Specialist with the Federal Bureau of Investigation - Little Rock Division. Ms. Funk has been a victim advocate with the FBI for 19 years. Her primary responsibility is to serve victims of federal crime as they walk through the investigative process. Her ability to connect with victims and provide supports is a well-known strength. She has worked to develop and improve services and support to victims of crime, with a special focus on domestic minor victims of human trafficking.



T2 Crisis Intervention Teams: Law Enforcement, Mental Health and the Community working together...SERIOUSLY!

Chief Deputy Ward Calhoun, Amy Bishop and Amy Mosley, East MS CIT's
3 hours credit

The target audience is law enforcement, mental health professionals, legislators, task force members, judges, prosecuting attorneys and others interested in promoting law enforcement/mental health collaboration. Audience questions and dialogue will be encouraged.



A native of Meridian, Mississippi, **Ward Calhoun** serves as the Chief Deputy at the Lauderdale County Sheriff's Department. He was awarded a Bachelor of Science in Business Administration degree from Mississippi College. He is also a graduate of Mississippi Law Enforcement Officers Academy and the F.B.I. National Academy.

Chief Calhoun has over twenty-four years of law enforcement experience. Since 2009 he has worked with the Community Partnership on Mental Health to develop the East Mississippi Crisis Intervention Team. He has served as the project director for two Department of Justice – Bureau of Justice Assistance grants.



A native of Lumberton, Mississippi, **Amy Bishop** is the Director of Adult Services at Weems Community Mental Health Center. Mrs. Bishop is a Licensed Marriage and Family Therapist who was awarded a Master's degree in Marriage and Family Therapy from the University of Southern Mississippi and earned a Bachelor of Arts in Psychology from Mississippi State University.

Mrs. Bishop has over 26 years of experience working with adults providing individual, marriage and family counseling for mental health and substance use disorders. She formerly served as the Director of Alcohol and Drug Services. She currently has responsibility for supervising all adult services including Crisis Services, Community Support Services

along with serving as the Mental Health Coordinator for the East Mississippi Crisis Intervention Team. Mrs. Bishop is actively involved in NAMI.



A native of Meridian, Mississippi, **Amy Mosley** is a Therapist and Director of Emergency Services at Weems Community Mental Health Center. Mrs. Mosley is a Licensed Professional Counselor who also holds the designations of National Certified Counselor and Licensed Professional Counselor-Board Qualified Supervisor. She was awarded an Education Specialist in School Counseling and Master's degree in Community Counseling from Mississippi State University and earned a Bachelor of Arts in Psychology from University of Southern Mississippi.

Mrs. Mosley has over 18 years of experience working with children, adolescents and adults providing individual, marriage and family counseling for mental health and substance use disorders. She currently has responsibility for supervising Weems' Mobile Crisis Response

Team, crisis hotline, Programs of Assertive Community Treatment (PACT) team, AMAP team and Disaster Response team. Mrs. Mosley is an active member of the American Counseling Association, National Alliance on Mental Illness Meridian Affiliate and is a mental health trainer for the East Mississippi Crisis Intervention Team (CIT).

T3 ALICE Training (space limited to 40)

Matthew Knight, LPC and Robbie Cline, LPC-S, LADAC

3 hours credit

ALICE is an acronym for Alert, Lockdown, Inform, Counter, Evacuate. Addressing each of these five areas, this 3 hour interactive training instructs participants in surviving attacks by active shooters and other dangerous intruders. There is much more you can do than trying to hide.

You will leave the workshop much more empowered. And these are concepts you will be able to share with your fellow employees. Robbie Cline and Matthew Knight are certified ALICE Trainers. Casual clothing is suggested. 40 participants max in a class so enroll early. Two classes will be offered. Some of the agencies that endorse ALICE training:

- Department of Homeland Security
- International Association of Chiefs of Police
- Justice Department
- US Department of Education
- FBI
- FEMA
- National Association of School Principals
- National Association of School Psychologists



For the last thirteen years, Matthew Knight has worked in education, public relations, and marketing for Mid-South Health Systems, an Arkansas Community Mental Health corporation. He develops and provides a variety of training programs for business, industry, and educational groups as well as Mid-South staff. In addition Matthew handles much of the public relations and marketing in Mid-South's thirteen county area. Prior to his current position, Matthew was director and therapist at Mid-South's Paragould Outpatient Clinic for three years.

As a Licensed Professional Counselor, he has thirty years experience in mental health services, education, and consulting for individuals and businesses in Arkansas, Texas, Tennessee, Mississippi and Missouri. In addition he has been a junior and senior high public school teacher, the administrator of a private school, started two businesses, written music in Nashville, and traveled extensively.

Matthew completed his Bachelor's degree in education at Arkansas State University, a Master's degree in Counseling Psychology and Family Studies at the University of Tennessee, and pursued post graduate studies in psychology at ASU.



Robbie Cline, LPC-S, LADAC, earned his Ed.S. Degree in Mental Health Counseling from Arkansas State University in 2007. Since becoming licensed in 2007, he has worked as an outpatient therapist, a therapist on an acute care crisis stabilization unit, a coordinator of an acute care crisis unit, an outpatient clinic coordinator, a mobile crisis screener for afterhours screenings, and most recently, he works in administration at MSHS as the Facilities Director. He currently serves on The Arkansas Board of Examiners in Counseling.

1:30 pm - 5:00 pm

T4 ALICE Training (Repeated-space limited to 40)

Matthew Knight, LPC and Robbie Cline, LPC-S, LADAC

3 hours credit

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T5 Assessment of Spiritual Need: From New Age to Fundamentalism

Mary D. Moller, DNP, ARNP, APRN, PMHCNS-BC, CPRP, FAAN
3 hours credit

Without the ability to understand the spiritual center of ourselves and our clients, it is difficult to find balance in everyday life. The Murphy-Moller Wellness Model evaluates four inclusive domains of wellness: health, attitudes/behaviors, environment and spirituality. As a result of a study to determine core values and beliefs of all the major world religions, the spiritual wellness domain assessment has been adapted to Christian, Jewish, Hindi, Taoist, Islamic, Buddhist, Atheist, New Age, and Secular belief systems. The acronym Peaceful is applied to the assessment of each of these belief systems. A workshop format will be used in which participants will receive a copy of the tool and practice how to conduct a wellness-based spiritual assessment.



Mary D. Moller, DNP, ARNP, APRN, PMHCNS-BC, CPRP, FAAN , is an Advanced Registered Nurse Practitioner who is dually certified as a Clinical Specialist in Adult Psychiatric-Mental Health Nursing, and a Psychiatric Rehabilitation Practitioner. She is an Associate Professor at the Yale University School of Nursing where she is Coordinator of the Psychiatric-Mental Health Nurse Practitioner specialty. She is in practice as a psychiatric APRN at the Yale Behavioral Health Services of Hamden, Connecticut.

From 1993-2008, Dr. Moller was owner and Clinical Director of The Suncrest Wellness Center, a nurse managed outpatient psychiatric clinic in Spokane, Washington that was featured with Patty Duke on Good Morning America. In addition to her administrative duties, Dr.

Moller managed a full caseload of over 300 patients.

Dr. Moller has authored over 40 articles and book chapters including a pharmacology review book and is coauthor of a new undergraduate psychiatric nursing textbook.

Tired of Juggling?

**Don't miss our special
Circus break with
popcorn, peanuts and
soda in the Exhibit Hall!**

Wednesday at 3 PM



Wednesday, August 10th

7:30 – 3:30	Check in Registration, Grand Hall/Lobby
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8:30 – 10:00	Breakout Sessions
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3:00 – 3:30	Break in Exhibit Hall
3:30 – 5:00	Breakout Sessions
5:00 – 6:00	Exhibitor Reception - Embassy Suites Salon A & B)

W6 School Shootings: Building a Program & Process (space limited to 40)

Marisa Randazzo, PhD

1.5 hour credit

This presentation will cover emerging best practices for preventing workplace violence in mental health centers. It will include specific strategies for providing safety as well as threat assessment procedures.



Dr. Marisa Randazzo is a Managing Partner of SIGMA Threat Management Associates and an international expert on threat assessment, targeted violence, and violence prevention. In addition to her work at SIGMA, she currently serves as Director of Threat Assessment for Georgetown University.

Dr. Randazzo served for ten years with the U.S. Secret Service, most recently as the agency's Chief Research Psychologist. Among her various responsibilities, she co-directed the Safe School Initiative, the landmark federal study of school shootings that was conducted jointly by the U.S. Secret Service and U.S. Department of Education. Dr. Randazzo is an accomplished presenter and instructor on threat

assessment investigations.

She is co-author of two leading books on threat assessment: *The Handbook for Campus Threat Assessment and Management Teams* (2008) and *Implementing Behavioral Threat Assessment on Campus: A Virginia Tech Demonstration Project* (2009).

Dr. Randazzo has testified before Congress and has been interviewed by major television, radio, and print news outlets, including 60 Minutes, Good Morning America, Nightline, Today, and others. She currently serves on the editorial board of the *Journal of Threat Assessment & Management*. She has also published under her maiden name, Marisa Reddy.

Dr. Randazzo received her Ph.D. and Master's degree from Princeton University in Social Psychology, and a B.A. in Psychology and Religion from Williams College. Dr. Randazzo was awarded the Williams College Bicentennial Medal for her work in preventing violence and was recently honored as a Distinguished Alumna of the Spence School. Dr. Randazzo has served as a subject matter expert in testimony before Connecticut Governor Dannel Malloy's Sandy Hook Advisory Commission, as a reviewer for the White House's Federal Guides to High Quality Emergency Plans (for schools, for higher education institutions, and for houses of worship), and as a member of the American Psychological Association's Expert Panel on Preventing Gun Violence.

Wednesday, August 10th



W7 Scapple: A Cheap, Cool Tool for Capturing Workflows, Ideas and More

Ruth Czirr, PhD

1.5 hour credit

Bring your laptop, and go home with a tool you'll use right away. In this session you will learn to use SCAPPLE (\$15 or less) to make diagrams with a minimum of fuss. This is good news for anybody who documents, trains, or explains, or who works with others to untangle problems and improve workflows. People who get exasperated with Word or Excel love Scapple. You can rough out notes in a meeting and then polish them into images, pdfs, or text. Your registration email will include templates to use in class, and tell you how to download the program or its free time-limited version.



Ruth Czirr retired in July after thirty years at Professional Counseling Associates in North Little Rock. At PCA she worked with quality improvement, compliance, CARF, professional development, electronic medical records, HIPAA, legal issues, clinical databases, policies and references. She likes finding ways to transform confusing and complicated information into organized resources that all kinds of people can use. She's a Clinical-Community Psychologist who thinks in patterns and gets satisfaction from untangling a mess. (She's not selling Scapple -- she just enjoys sharing good stuff. See <http://www.literatureandlatte.com/scapple.php>)

W8 Using Behavioral Chain Analysis for Emotion Regulation

Melissa Zielinski, PhD

1.5 hour credit

Behavioral chain analysis is a useful tool for helping clients identify factors (e.g., prompting events, thoughts and emotions) that lead to ineffective or maladaptive actions. This presentation will focus on providing education about chain analysis, reviewing examples of applying chain analysis to problem behaviors, and discussing how to translate chain analysis into potential interventions.



Melissa Zielinski, PhD, is a postdoctoral fellow at the University of Arkansas for Medical Sciences. She received her graduate education at the University of Arkansas, Fayetteville, and specializes in working with trauma and in Dialectical Behavior Therapy.

8:30 am - Noon

W9 Health Information Technology (Health IT) for Behavioral Health

David Easley and Jo Beth Schanandore

3 hours credit

Participants will obtain an overview of the modified Stage 2 meaningful use objectives. Discussion points will include:

- The most challenging objectives (e.g. patient electronic access, health information exchange, coordination of care)
- Best practices for using technology for Protected Health Information (PHI)
- Health IT's role in integrating behavioral health and primary care
- Q & A's including EHR vendors (if available)



David Easley has helped hospitals and clinicians reach meaningful use and leverage health information technology to achieve the "triple aim". Before joining Arkansas Foundation for Medical Care (AFMC), David was a salesman and consultant for IBM Global Healthcare and other technology companies.



Jo Beth Schanandore has helped over 200 clinicians reach and sustain meaningful use. Her current Health IT consulting clients include over 50 behavioral health clinicians. Before joining AFMC, Jo Beth was in medical device sales with Johnson and Johnson.

W10 Attachment Theory and Attachment Disorders: Research Update

Asad Khan, MD

3 hours credit

In this presentation, we will look at the connection between attachment theory and attachment disorders as well as what we know about enhancing caregiver-child relationships in clinical practice. We also will review the latest research regarding attachment disorder treatments.



Dr. Asad Khan is Board Certified in General Psychiatry and Board Certified in Child & Adolescent Psychiatry. He is an Adjunct Assistant Professor of Psychiatry with UAMS and teaches Family Practice Residents who rotate through AHEC in Jonesboro. He is also a consultant at Consolidated Youth Services and consults with the Sex Offender Program and Juvenile Delinquent Program.

Dr. Khan has been working at Mid-South Health Systems since 2002 and primarily sees children and adolescents. He also provides services for the Therapeutic Foster Care Program.

Dr. Khan regularly visits Pakistan and sees patients there. He was involved in teacher and therapist training in Pakistan after the tragedy of the massacre of 142 school children and teachers in Dec 2014.

W11 TheraplayfortheFunofIt

Jean Crume, LCSW & Van M. Hall, LCSW

3 hours credit

Theraplay® is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of playful healthy interaction between parent and child, and is personal, physical and fun. Theraplay® sessions create an active, emotional connection between the child and parent or caregiver, resulting in a changed view of the self as worthy and loveable and of relationships as positive and rewarding. Theraplay® is about “building better relationships”, family relationships through Theraplay® treatment, peer relationships through Sunshine Circles, and a relationship with oneself through increased self-esteem and trust. Through lecture, video, and active audience participation, the attendee will better understand the emotional and psychological repair that occurs during attuned adult directed play therapy.



Jean Crume, LCSW, provides treatment for foster and adopted children with severe attachment disorders. She is a Certified EMDR™ therapist and a Certified Theraplay® Therapist, Supervisor, and Trainer in private practice in Little Rock, AR, since 1993. She uses multiple modalities to provide treatment to adults, couples, and families.



Van M. Hall, LCSW, works with children and adolescents who have experienced trauma and neglect. She has managed a Therapeutic Foster Care Program for the past five years and currently serves as the Assistant Clinical Director of Southwest Arkansas Counseling and Mental Health Center. She is trained in TF-CBT, Theraplay®, and EMDR.

10:30 am - Noon

W12 Cultural Competency

Courtney P. Crutchfield, PhD

1.5 hour credit

This presentation will discuss the impact of diversity in a work setting, defining what cultural competency means along with cultural sensitivity, learning and developing more strategies to become more sensitive to cultural differences and the significance of embracing diversity.



Courtney P. Crutchfield, PhD, works as a clinical psychologist and clinical coordinator in the Homeless Residential Rehabilitation Treatment Program at the Central Arkansas Veterans Healthcare System. Dr. Crutchfield is also the Director of Training for the APA-accredited Psychology Postdoctoral and Interprofessional Fellowship Program. Her current position involves providing individual and group therapy to homeless Veterans, consultation, supervision of trainees, and overseeing multidisciplinary staff members in the domiciliary. Dr. Crutchfield's current clinical work also includes working as a private practice clinician at The Fowler Institute. Dr. Crutchfield has experience treating a variety of concerns with particular emphasis in Women's Issues, PTSD, Sexual Trauma, and treatment of Borderline Personality Disorder.

W13 Using Telemedicine Technology in Jails and Prisons for Mental Health Services

Kathy Harris, Alan Faulkner and Becky Morgan

1.5 hour credit

Kathy Harris, CEO of SABHS, and the Agency's MIS Director, Becky Morgan, have utilized telehealth with both the Adult and Juvenile Detention Centers in Jefferson County and recently added the Arkansas County Detention Center. This system was developed with the collaboration of UAMS for Distance Health. This workshop is an overview of that process and lessons learned. This is your chance to ask questions and learn from their experience.



Kathy Harris currently serves as the Chief Executive Officer for Southeast Arkansas Behavioral Healthcare System, Inc. She has worked in various positions at the Agency over the course of her 39 years of employment, moving into the CEO position in 2010.



Alan Faulkner is a Program Manager with the UAMS Center for Distance Health. He has been at UAMS for the past 5 years and worked on the Arkansas e-Link grant deployment, which installed equipment and connectivity in over 500 locations around the state of Arkansas. Currently Alan works with new sites that wish to implement telemedicine into their practices, he also coordinates certifications for RSPMI services via telemedicine around the state of Arkansas.



Becky Morgan, Management Information Systems Director, joined the Southeast Arkansas Behavioral Healthcare System in 1996. Prior to joining SABHS, she served in the banking industry for 13 years and attended the University of Arkansas at Pine Bluff. Becky has served on the Finance/MIS Committee for the Mental Health Council of Arkansas and several other local community organizations.

W14 Balancing Work, Self & Home

Bradley D. Hyde, BS, GA, MHPP

This presentation will explore how each day our decisions “unbalance” our everyday lives through interpersonal interactions, work-a-day, and mental and physical health decisions. We will discuss and examine, through multimedia resources and anecdotal examples, how to create situations which would bring about positive outcomes from recognizing how these decisions can be harnessed to create a better harmony through reduction of stress and anxiety.

The audience will be licensed mental health professionals, mental health paraprofessionals, and discharge planners. The format will include

PowerPoint presentation with educational components, group discussion, and a question and answer period as time allows.



Bradley Hyde is the Marketing Director for Adult Services at OakRidge Behavioral Health Center in West Memphis, AR. Formerly, he was the Arkansas Coordinator of Outreach & Referral Development/Social Media Administrator for Delta Medical Center of Memphis, TN. Bradley has worked in outpatient, inpatient, for profit, not-for-profit, private & community mental health treatment for 23 years.

Bradley has served as the president of the Mental Health Taskforce for Craighead County. He is a past board member for Court Appointed Special Advocates (C.A.S.A) and past Chairman of Friends of the Children's Trust Fund Board of Directors. He is two time gubernatorial appointee as he was appointed, by Governors Beebe & Huckabee to

the State Taskforce for Mental Health and Substance Abuse Treatment and/or Prevention and Chairman of the Arkansas Child Abuse and Neglect Prevention Board & Children's Trust Fund, respectively.

1:30 pm - 3:00 pm

W15 School Shootings; Building a Program & Process (space limited to 40)

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1.5 hour credit

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W16 Scapple: Bubbles, Path, Roots and How To's: Using Scapple on the Job

Ruth Czirr, PhD

1.5 hour credit

Diagrams help you explore, design, troubleshoot, and explain. Collaborators can see how they fit into the bigger picture; confusing steps and wasteful loops that can hide in paragraphs jump out at you; procedures with a lot of WHAT IF's are easier to explain. Bring your laptop and play along as we look at ways to record discussions, uncover root causes, map workflows, and explain decision rules. You're strongly urged to attend the morning Scapple session to learn to use the tool itself. After you register, you'll get an email with files to use in class.



Ruth Czirr retired in July after thirty years at Professional Counseling Associates in North Little Rock. At PCA she worked with quality improvement, compliance, CARF, professional development, electronic medical records, HIPAA, legal issues, clinical databases, policies and references. She likes finding ways to transform confusing and complicated information into organized resources that all kinds of people can use. She's a Clinical-Community Psychologist who thinks in patterns and gets satisfaction from untangling a mess. (She's not selling Scapple -- she just enjoys sharing good stuff. See <http://www.literatureandlatte.com/scapple.php>)

W17 Calming the Mind Through Yoga

Courtney Parnell & Jamie Hazlewood

1.5 hour credit

Courtney will present her experience teaching yoga classes for children who have, at some point, experienced some type of trauma and how the yoga benefits a younger population. Jamie will present additional information for relieving stress/anxiety through yoga for adults who have experienced trauma and how trauma focused yoga can be beneficiary to these individuals.



Courtney Parnell is Program Manager at the Bess Chisum Stephens Community Center, a program of The Centers for Youth and Families. She attended school at The University of Arkansas, Little Rock where she received a degree in Health Education/Health Promotion. She currently holds five fitness certifications and has 10+ years of experience in the fitness industry, focusing mostly on the child/senior adult populations.



Jamie Hazlewood is a certified Yoga Instructor with several specialty certifications. She is a retired dental hygienist. Teaching yoga allows her to continue with exercising and teaching keeps her committed to her practice. She is employed with The Centers for Youth and Families and the Arkansas Yoga Collective.

W18 The Art of Mindfulness

Diane Erickson, LCSW and Nancy Gitcho, LCSW

1.5 hour credit

Diane and Nancy will present mindfulness in a way that will benefit the provider and the customers they serve. We will tell you about the latest research that supports the advantage of integrating mindfulness into your practice. We will tell you about how we use mindfulness at Veterans' Health Care System of the Ozarks (VHSO). Moreover we will provide experiential activities that will assist the helper as well as the populations they serve.



Diane Erickson, LCSW, has been practicing social work in medical and mental health settings for the past 20 years. She has experience working as a medical social work case manager practicing in acute care, ER, home health, skilled nursing and acute rehab. She combines that experience with her current practice in behavioral health working with individuals, couples, families and groups with a wide variety of problems, i.e., PTSD, depression, anxiety, insomnia, chronic pain, bipolar, drug and alcohol abuse, dual diagnosis utilizing evidence-based therapy treatment modalities depending on need.



Nancy Sue Gitcho, LCSW, has been practicing social work for over thirty years. She has a broad range of experience including hurricane recovery and work with children and families. Currently she is practicing in the General Mental Health at the Veterans Health Care System of the Ozarks in Fayetteville, Arkansas. Her present practice includes Veterans with PTSD, Military Sexual Trauma (MST), depression and anxiety. She also conducts a Biofeedback Clinic to help Veterans reduce symptomatology by breathing retraining.

1:30 pm - 5:00 pm

W19 Strengthening and Securing Your Digital Environment

Rouel De Guzman (Credible)

3 hours credit

This presentation will review Network Security good practices, current and emerging threats, evasive maneuvers, and practical approaches to protect your digital assets.

Rouel De Guzman is a highly accomplished IT Executive specializing in strategic IT planning, conceptualizing and implementing advanced technology solutions. With an extensive background in fast paced organizations and highly regulated industries – Pharmaceuticals, Research, and Government, and over 15 years in the IT field, Rouel has outstanding experience in reorganizing IT infrastructure, fostering team integration, and building



and managing IT operations. Rouel has strong leadership and vision in key technology areas, including Network Infrastructure, Application Development, Data Warehousing, Compliance and Regulatory Assurance, Security Initiatives and Improving Enterprise IT services.

W20 Working with High Conflict Couples

Carol Mapp, LCSW

3 hours credit

Working with high conflict couples can present unique challenges to even the most experienced clinicians. Participants will be equipped with practical strategies to improve communication, reduce conflict, balance and improve decision making.



Carol Mapp, founder and president of Integrated Healthworks, a mental health counseling center. Ms. Mapp has developed expertise in myriad areas of counseling, mediation, as well as business development.

Ms. Mapp has ten years experience as a clinical Social Worker and counselor trainer. She facilitated numerous local, statewide, and national workshops for social workers, educators, school counselors, parents, and legal community regarding mental health and family issues. Ms. Mapp has developed programs, curriculum, interventions, and evaluative tools for at-risk youth and their families. Ms. Mapp has also written Therapist 2 Go, a documentation handbook for clinicians in private or agency practice. Currently Ms.

Mapp is a certified mediator in Civil and family matters in the State of Texas.

Ms. Mapp earned her BS in Elementary Education from North Texas State University and earned her Master of Science in Social Work from the University of Texas at Arlington.

3:30 pm - 5:00 pm

W21 Using Technology in Treatment

Mike Hill

1.5 hour credit

Using technologies in the treatment process can improve overall levels of change, when used in a way that resonates with the consumer/client. Creating a visually appealing display of information to children and adults will improve interest in treatment, engage both staff and consumer in treatment reviews and raise staff interest in concurrent documentation.

Adult learned behavior is difficult to change without advanced tools and methods to facilitate both interest and ease of use. Displaying potential results with examples of past history of performance of changed behavior is most effective. Helping your staff and consumers 'see' the potential benefits of change is more influential on them than simply hearing.



Mike Hill has a deep background in adult learning techniques and consumer behavior. He is currently working with the Echo Group, an EHR vendor providing information systems to behavioral health organizations. Mike has consulted with hospitals, university medical centers and behavioral healthcare centers in compliance, accreditation and online learning.

W22 Eliminating Strikeouts in Early Care and Education - Expulsive Prevention

Kim Whitman, LCSW, Nikki Edge, PhD, and Allison Martin, LMSW
1.5 hour credit

This session examines expulsion prevention in early childhood settings. We will describe the problem of suspension and expulsion in early care and education settings. Participants will learn key strategies to support young children with challenging behaviors in the home and classroom settings



Ms. Kimberly Whitman is a certified Early Childhood Mental Health Consultant and a Licensed Clinical Social Worker. She has worked with providers and parents of young children as mental health therapist, a trainer, and consultant for over 10 years. Ms. Whitman has recently accepted a position as the state-wide Program Coordinator for Project PLAY, an early childhood mental health consultation program partnered with UAMS. Ms. Whitman also has a small clinic practice in Jonesboro where she focuses on evidence-based treatment of young children with various mental health issues, with particular attention to young children who have experienced trauma. Ms. Whitman has also been recently appointed to Governor Hutchinson's Early Childhood Commission. Ms.

Whitman received her Master of Social Work degree from the University of Washington and her Bachelor of Arts degree in Economics from Ohio Wesleyan University.

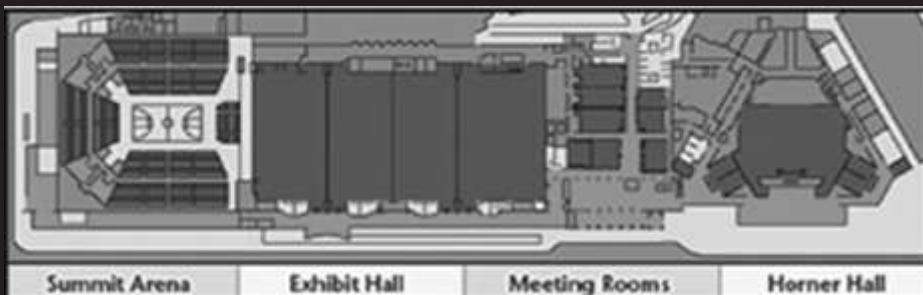


Nikki Edge, PhD is an Associate Professor at the University of Arkansas for Medical Sciences in the Department of Family and Preventive Medicine. She conducts research on factors that place children at risk for poor social and emotional outcomes, and designs and evaluates interventions for these high risk children and families.



Allison Martin, LMSW is the Mental Health/Disability Program Manager for the UAMS Head Start/Early Head Start system. She oversees the provision of special services for children across 15 sites, as well as training and supporting staff in the use of interventions and strategies in the early childhood classroom to support social-emotional development. She was previously a child/family therapist specializing in working with children ages 0-6 and their families and is also certified as an Early Childhood Mental Health Consultant for Arkansas.

The Hot Springs Convention Center sits right in the midst of one of America's treasures - a Victorian downtown district that is enclosed within Hot Springs National Park, the first area ever set aside (by President Andrew Jackson in 1832) for protection by the federal government. Quaint shops, thermal-water bathhouses and spas, a thriving fine arts community, fine dining, the charms of unspoiled nature - all are just outside the front doors of the Hot Springs Convention Center.



W23 Prescription Monitoring System

Denise Robertson, PD and Jonathan Aram, Epidemiologist

1.5 hour credit

This presentation will review the history of the Prescription Monitoring System, how it works, the benefits to healthcare providers and the success of the program.



Denise Robertson, P.D. is the Administrator of the Arkansas Prescription Monitoring Program at the Arkansas Department of Health. As the AR PMP administrator, she is responsible for the day to day administration, educational awareness and support of the program for the State of Arkansas.

Dr. Robertson is a 1985 graduate of Xavier College of Pharmacy in Louisiana. She has 27 years of combined experience in retail, consulting and long-term care. She is a licensed pharmacist in Arkansas and Louisiana. She is also licensed as a consultant pharmacist in Arkansas.

Dr. Robertson is the 2014 recipient of the Cardinal Health Rx Generation Award given by the Arkansas Pharmacist Association. The Award honors a pharmacist who has demonstrated outstanding commitment to raising awareness of the dangers of prescription drug abuse among the general public and among the pharmacy community.

Dr. Robertson has been elected to the first PMIX (Prescription Monitoring Information Exchange) Executive Committee. This is the Executive Committee of the governance body of the PMIX National Architecture. This group supports the sharing of PDMP Data among PDMP organizations and their stakeholders by establishing and maintaining the PMIX National Architecture and related guidelines, vendors, geographic and consistency among PDMPs.

Dr. Robertson currently sits on two NABP PMO interconnect sub-committees. These committees provide guidance and protocol within the PMP interstate data sharing hub community.



Jonathan Aram is an Epidemiologist at the Arkansas Department of Health. He is responsible for analyzing data collected by the Arkansas Prescription Monitoring Program and disseminating findings to government policy makers and professional medical organizations. Jonathan is a graduate of Wheaton College, Wheaton, Illinois and is a graduate student at the UAMS College of Public Health. Prior to joining the Arkansas Department of Health, Jonathan served for three years in the Peace Corps and completed an internship at the San Francisco, California Department of Public Health.

A vertical advertisement for BKD National Not-for-Profit Group. The top half features a black and white image of a large wave crashing. Overlaid on the wave is the text 'experience momentum' in a sans-serif font, with three vertical bars to the left. Below the wave image, the text 'BKD National Not-for-Profit Group' is centered. Further down, a paragraph reads: 'The waves of change never stop for mental health organizations, and you can't afford to tread water. BKD can help. Our advisors assist hundreds of clients with a variety of tax, accounting and consulting issues. Experience how our expertise can help you get ahead of the curve.' Below this text are two circular icons: one with a magnifying glass and one with a telephone handset. To the right of these icons is the contact information: 'Corey Jennings // Director', 'cjennings@bkid.com // 501.372.1040', and 'bkid.com'. At the bottom, the text 'experience BKD' is displayed in a large, bold font, with 'CPAs & Advisors' in a smaller font underneath.

